

# Sasebo SOUNDINGS

## Forward deployed amphibious force wraps up Cobra Gold

**JO3 James Kimber**  
*Amphibious Force, U.S.  
Seventh Fleet Public Affairs*

USS ESSEX, At Sea- Exercise Cobra Gold 2004, the joint and combined exercise involving the armed forces of the U.S., Thailand, Singapore, Philippines and Mongolia, concluded May 27 in Korat, Thailand.

Ships from the U.S. Navy’s only permanently forward-deployed naval force (FDNF), including USS Essex (LHD 2), USS Harpers Ferry (LSD 49), and USS Juneau (LPD 10) with the embarked 31<sup>st</sup> Marine Expeditionary Unit (Special Operations Capable) participated in the multinational, multi-faceted event.

“The skills our troops acquire in Cobra Gold have direct, real-world applicability,” said U.S. Ambassador to Thailand, Darryl N. Johnson. “Many of the U.S. Marines who participated in Cobra Gold 2002 and 2003 are now in Iraq. Thai units that have participated in various U.S.-Thai joint exercises are better able to help restore security and conduct civic outreach activities in Southern Thailand.”

From Cobra Gold’s debut in 1981, it has been the foundation of a wide-ranging U.S. and Thai military exercise program.

“Each year, Cobra Gold renews the U.S. commitment to support the security of our friends and allies in the Asia-Pacific region,” said Ambassador Johnson. “Cobra Gold

is constantly evolving to meet the national security needs of both of our countries, while promoting regional stability and security.”

This year’s Cobra Gold featured an assortment of various hands-on training evolutions including: integrated training with the Royal Thai marines in which the two marine forces trained with live fire of various types; Civil Military Operations (CMO) that included medical and dental projects in rural villages throughout the country; joint jungle warfare training; and naval maneuvering exercises with the Royal Thai navy.

Despite the magnitude and versatility Cobra Gold 2004 displayed, some of the most ordinary drills’ significance are often overlooked by the success of more glamorous events.

“The most important events in almost every exercise are often the most routine,” said Capt. Bradley D. Martin, Chief Staff Officer, Amphibious Squadron 11. “The amount of ship-to-shore movement that we did with the Thais is very significant.”

According to Martin, training on routine elements, such as ship-to-shore movement, is the kind of training that really makes the difference in the Global War on Terrorism.

“Thailand is a very willing ally,” said Martin. “They have soldiers in Iraq, they have cooperated with [the U.S.] on numerous defense issues and their armed services are helping ours in prosecuting the global war. Making ourselves better allies with them is a very productive way of helping the world deal with the threat of terrorism.”

Joint training doesn’t only help the other forces, said Martin, it improves our own forces’ strengths.

“Anytime we get an opportunity to go and train, strengthen our ability to move forces, rapidly react to intelligence reports and go find where the ‘bad guy’ could be, we make ourselves a better weapon,” said Martin. “Cobra Gold benefited the FDNF, the 31<sup>st</sup> MEU, the U.S. Navy and the U.S. Marine

*See Gold, page 5*



Onboard USS Essex (LHD 2), At Sea – An Essex Sailor takes aim with an M-14 rifle during a qualification gun shoot May 19. Pirotte is a member of the Ship's Self Defense Force (SSDF), who must maintain weapons proficiency and readiness to respond to any threat to the ship while in port or at anchor. SSDF took advantage of a no-fly morning to conduct the gun shoot. (Official U.S. Navy photo by PHAN Marvin E. Thompson, Jr.)

## CFAS remembers fallen comrades at Soto Dam ceremony May 30

**JO3 Rebekah Blowers**  
*CFAS Public Affairs*

Sasebo held a Memorial Day Service at Soto Dam May 30. The Sasebo Chief Petty Officer’s Association, Bluejacket’s Association and the Kyushu Military Retired Association made their annual homage to Soto Dam to honor the 55 U.S. servicemen and 14 Japanese who died during the dam’s construction from 1941 to 1944. They also honored servicemembers of Sasebo, active duty and retired, who died over the last year.

Fleet Activities Sasebo (CFAS) Command Master Chief (SS) Bill Lowmon said that it was important to remember those who gave their lives.

“All across America on Memorial Day weekend thousands of communities pay tribute to Soldiers, Sailors and Airmen that have lost their lives for their country,” Lowmon said. “The [Soto Dam] ceremony was in tribute to the former POWs [Prisoners of War] who lost their lives in service to their country and pay tribute to Sailors, active duty and retired from Sasebo who lost their lives in the last year.”

Master-at-Arms Kiesha Jackson, who participated in the color guard during the ceremony, said the ceremony made her remember the Navy’s core values.

“It gave me a feeling of honor, courage and commitment to remember those who gave their lives...It was a very special day and I feel so honored to have been a part of it,” Jackson said.

She added that as she looked around she saw many a teary eye and had to hold back tears herself.

“The rain really brought out the feelings and memories of those eventful days. It was incredible,” Jackson said.

The ceremony included a soft bell ring for each of the seven departed Sasebo shipmates, a wreath placed at the memorial for the Soto Dam POWs and a 21 gun salute followed by taps for all of the departed servicemembers.

According to Phil Eakins, CFAS base historian, Sasebo had four POW camps in the Nagasaki Prefecture. These camps, one of which held the prisoners that built Soto Dam, were under the command of the Imperial Army and were known as Fukuoka Camps despite their actual locations. At least 40 Americans were detained at these

camps, along with hundreds of others from various nations.



Shipmates render a 21-gun salute to honor their fallen comrades at the Soto Dam ceremony. (Official U.S. Navy photo by PH3 Ian W. Anderson)

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The Sasebo community is advised how to keep safe during the upcoming 101 days of summer.  
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### Sasebo Weather

<u>Saturday</u>	<u>Sunday</u>	<u>Monday</u>
Scattered Rainshowers	Occasional Rainshowers	Occasional Rainshowers
High: 79° F	High: 81° F	High: 81° F
Low: 69° F	Low: 69° F	Low: 68° F

### Days since last DUI/DWI

(as of June 3)

16



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**BRANCH MEDICAL CLINIC--SASEBO**  
**CFAS RELIGIOUS MINISTRIES**  
**CFAS SAFETY DEPARTMENT**  
**FLEET AND FAMILY SUPPORT CENTER**  
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**NAVY EXCHANGE--SASEBO**  
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**USS HARPERS FERRY (LSD 49)**  
**USS FORT MCHENRY (LSD 43)**  
**USS JUNEAU (LPD 10)**  
**USS GUARDIAN (MCM 5)**  
**USS PATRIOT (MCM 7)**  
**USS SAFEGUARD (ARS 50)**

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# CFAS CSO explains stretching the dollar

Recently Fleet Activities Sasebo (CFAS) held a couple of events that by themselves may seem insignificant, but when you look at them as a whole, paint a picture of opportunities and possibilities. The events I describe were the annual starting of the air condition system, the town hall meeting, and the Volunteer Appreciation Picnic.

In our recent town hall meeting, we discussed the effort being undertaken Navy-wide to reallocate resources for fleet readiness. Basically, every unit in the Navy is being asked to tighten belts. On first reaction, this is bad news to everyone. Images of prices going up, hours being cut short, and personnel cuts come to mind. Call me one of those annoying optimists who always see the glass is half full and not half empty, but the belt tightening is not as bad as it seems. Yes, it will mean some small sacrifices from everyone. We will have to pay an extra dollar for a movie and perhaps pay a bit more at the bowling alley, but these sacrifices are indeed little when we think about the troops in Iraq and Afghanistan who have to put up with more sacrifices. What we are learning is that we can improve and become more efficient at how we do our jobs and deliver services to you.

Another thing you all have noticed is the delay in turning on the air conditioning around the base. I am sure there were a few very uncomfortable days, especially for the families and individuals living in the upper stories of the towers. But the delay is part of the belt tightening I mentioned earlier. Delaying the air conditioning season actually saved us significant amount of money. What we saved by this action is not enough. I really need everyone's help in conserving energy. Families and Sailors living on base may think it is a transparent cost because they do not see the utility bill. Well, it is a major bill. Think back on the days when you were living stateside or out in town, and how much you had to pay in utilities... now multiply it a thousand-fold. Every little bit helps, and like before, we all

need to make minor sacrifices to make this happen. I ask all your help in conserving energy. Turn off some lights in your offices; adjust the thermostat to 24 degrees Celsius (around 75 degrees Fahrenheit); and turn off



**CMDR. BERNIE WANG**  
CHIEF STAFF OFFICER, FLEET ACTIVITIES SASEBO

the AC whenever you leave the room for an extended period. I did a barracks inspection today and I found there are still people who had the AC on and their windows open. Every little bit helps in this group effort.

Last Friday, we held a picnic to honor the volunteers around the Sasebo community. It was touching to see how active our community is in helping others. Truly, the volunteers here are "force multipliers" and allowed us to have the reputation of having one of the best bases in the world. Volunteers can fill so many of the community's needs, especially during these financially tight times. If you think about it, if 10 people volunteer just four hours a week this would be equivalent to a full time worker and a little bit more. So what does this mean? Well, if you see things are being cut back because of financial constraints, ask to see if you can help out and take up the slack. Sometimes

the first step to volunteering is asking. I thank all the volunteers who have so unselfishly give of their time and talents, and I hope many more will come forward and fill the needs as your talents and time allow.

Lastly, I want to give you a quick update on a community event coming up. It is the Fourth of July, and we have completed our preliminary planning. This year's Fourth of July celebration at CFAS will celebrate both our nation's birthday and a chance to show our appreciation for the Sasebo community that has made us feel so welcome here. We envisioned this to be a primary fund raiser for the community organizations on base, so now is the time to plan on setting up food booths, information booths, and other fundraisers you would like to do. Unlike the Saikai festivals in the past, the Fourth of July celebration will consist of community volunteers and organizations only. As there will not be outside food vendors, I hope community groups will step up and use this as their major fund raising event for the year. We are still planning on inviting our Japanese neighbors to come on base and learn a little bit about our culture and to see what the U.S. Navy in Sasebo is about. We have entertainment being prepared from concerts to talent shows as well as a showcase for local Japanese cultural exchange. A big question people have asked me is what if it rains. I understand Fourth of July is right in the middle of Sasebo's rainy season, so we have an alternate plan. In case of adverse weather, we plan to hold the event at the Public Works garage next to the Showboat Theater. Of course, being the optimist that I am, I am sure we will be having a great outdoor event on the main base with fireworks and all the trappings of an all-American Fourth of July. Along the themes of volunteerism and community, please, if you want to get involved or your community group wants to get involved, please contact me, or contact the individuals who will be contacting you over the next couple of weeks.

# Summer time means safety time in Sasebo

**JO3 Rebekah Blowers**  
*CFAS Public Affairs*

“The majority of Sailors and Marines die between Memorial Day and Labor Day,” said Jim Whalen, Fleet Activities Sasebo (CFAS) safety officer, “and Sasebo is no exception to that.”

That is the message that Whalen, along with other members of the Sasebo community, are trying to get out. With the beginning of summer, also begins the onslaught of traffic accidents and off-duty injuries.

“Driving is the most dangerous job in the world,” Whalen said. “Your looking, using your hands, your feet- it takes 100 percent of your attention. A plane has autopilot, a train has tracks to guide it, but a car takes 100 percent to monitor and maintain while on the road,” Whalen said.

He added several suggestions for the Sasebo community to stay safe this summer.

“One thing to do is to drive responsibly and use risk management. Think about the

risks assessed with driving, prepare yourself for those risks and then execute your action. Be ready to accept the consequences of your actions. If you can do that, you're not going to have problems driving,” Whalen said.

He said the number one traffic incident within the Sasebo community is driving too close, with backing up coming in second.

“People are being complacent and thinking that an accident won't happen to them, but to the other guy,” Whalen said. He added that everyone is at fault, not just one particular age group.

According to Whalen, the consequences for violating traffic safety are simple. Members could lose their driver's license, have it restricted or permanently revoked.

One solution Whalen said he is looking for is command involvement. Traffic court, held every first and third Wednesday of the month, is one means of handling repeat offenders, Whalen said, but the real means comes from command involvement and dealing with the issues from the top down.

“Now we are at a point where commands need to determine when it's time for commands to suspend or revoke a person's license and not wait for traffic court to deal with the problem,” Whalen said.

Traffic safety really comes down to the individual, though. Whalen stressed how driving in Japan is a privilege for U.S. Status of Forces Agreement (SOFA) personnel granted by Japanese via the base commander.

“[Many drivers] take a gamble and think ‘It won't happen to me’ and until they get caught by having a bad traffic accident, they won't do it differently,” Whalen said. Each driver can make a difference by taking driving seriously and doing their best to drive as a professional in their host nation.

The community can come together to help traffic safety as well. According to Whalen, anyone can report a reckless driver. All they have to do is take down the license plate, call it in and action will be taken.

*See Safety, page 4*



# Sasebo volunteers recognized at picnic

Naomi Sullivan  
CFAS Public Affairs

Fleet Activities Sasebo (CFAS) held their annual volunteer Appreciation picnic at Nimitz Park May 28.

The Fleet and Family Support Center (FFSC) organized the picnic with many base organizations contributing to the event.

Eight hundred and sixty community members of Sasebo volunteered over 57,500 hours in the past year.

Chizuko Ikedo was the 2003 Volunteer of the Year contributing over 2000 hours with the Navy Marine Corps Relief Society (NMCRS). Ikedo started with NMCRS in 1999 to improve her English after working as an interpreter for the Fukuoka Finance Ministers' Meeting.

"I am happy that volunteering for the NMRSC has improved my English. Last year one of my friends told me my English was much better then before," said Ikedo.

Ikedo finds her work very satisfying and is glad that she can support the Sasebo community.

"I try to do my best to welcome and take care of our clients at the NMCRS office and I appreciate when the clients are friendly and say "thank you" to me," said Ikedo.

Candice Currier, the FFSC's new director was pleased with the recognition event.

"I have been here for a week and a half, and I am totally blown away and impressed with the community here in Sasebo," said Currier.

According to Currier, the community relies heavily on the time and energy contributed by volunteers. There are many programs in Sasebo that the community has come to expect and enjoy that would not run without the dedication

of the men and woman who offer their personal commitment.

"Girl and Boy Scout Troops would not be possible if it was not for our volunteers, youth sports, the list goes on," said Currier. She added that volunteers also affect the active duty services such as the ones at NMCRS that offer crisis relief and other services.



Commander, Fleet Activities Sasebo Capt. Michael L. James gives out the Volunteer of the Year award at the Volunteer Appreciation Picnic last Friday. (Official U.S. Navy photo by JO3 Rebekah Blowers)

Volunteering also gives Sasebo's youth job experience. Social skills, leadership ability and teamwork are all acquired through volunteering.

Currier said there are many benefits to the volunteer as well. They can use volunteer work to continue or develop their skills, and it is a good way to stay on a career path, often leading to employment opportunities.

"If you are looking for a job, but there are no openings, then volunteering for that service might lead in that direction. Federal Service takes volunteer hours and skills learned into account," said Currier.

Some CFAS volunteers have a different reason all together. Many genuinely want to come out and make Sasebo a great place to live.

"I want the opportunity to give back to my community, and be able to take pride in where I live," said Alina Bowen, a CFAS volunteer. "Take pride in your community.

Get involved, meet people and you too can make a difference for others here in Sasebo," Bowen said.

To become a volunteer and contribute to the Sasebo community contact the FFSC's Rohana Hooper, Volunteer Coordinator and Spouse Employment Assistance Program administrator at 252-3105.

## Mariner praises Sasebo clinic's customer service

Bill Doughty  
USNH Yokosuka Public Affairs

As a former Hospital Corpsman (now Medical Service Officer for USNS Shasta), "Doc" Jerry Skelton knows the importance of good customer service at a military treatment facility.

After a visit to Branch Medical Clinic Sasebo in late April 2004, he praised the service his crew of Military Sealift Command mariners received and said customer service is very important in healthcare.

"I learned a long time ago that to be friendly is at least half the job and will usually result in a better outcome over all and the patient will go away happy. A good attitude is sometime contagious and improves everything. Sometimes just a friendly, 'Good morning, may I help you,' is all that is needed to project a good image," Skelton said.

Skelton is a retired senior chief petty officer and Independent Duty Corpsman submariner. He has worked for the Military Sealift Command since 1995.

"Having worked in clinics ashore and in sickbays aboard ships I have a full appreciation for the demands placed on the medical facilities," he said.

"Often it is a thankless job for many reasons. People usually are sick or otherwise they would not be in the clinic in the first place. Due to this, the worker must remember that they are there for the patients and still try to maintain a good attitude and give friendly service," Skelton added.

Skelton took the time to talk to the officer-in-charge of the clinic about what he thought of the people there.

"Everyone in the clinic was friendly and tried to help as much as possible. In particular, I want to thank HMC [Chief Hospital Corpsman] Joseph Baugh, Mrs. Evelyn Beato, Dr. Richard Miller, and Dr. Steven Praske. Their assistance and patient understanding of some of my crew's problems was excellent. Their willingness to help me was outstanding," Skelton told Cmdr. Ron Dodge, officer in charge of Branch Medical Clinic Sasebo.

Dodge agrees with Skelton that customer service is critical in the delivery of healthcare.

"Patients are looking to us for answers," said Dodge, "and we must earn their trust and confidence in order to be effective in that endeavor."

He added that from ensuring adequate and timely access to care, to presenting a professional environment, to handling even the most difficult situations with care and compassion, the clinic's customer service will be judged, not only by those we're treating, but also by everyone else involved in the process – family co-workers, everyone.

Dodge ensures his staff members are recognized for good customer service. He regularly contacts patients who provide feedback to the clinic and meets with beneficiaries individually and in groups to answer their concerns.

"We make the community aware that their opinions are taken seriously – from customer comment cards, ICE (Interactive Customer Evaluation) system, etc. Positive customer comments are shared with the staff, and opportunities to improve are viewed as just that," said Dodge.

Patients can share comments by contacting one of the patient contact representatives prominently identified at any branch medical clinic or at the core facility of U.S. Naval Hospital, Yokosuka. To share a comment about services, send an email to customer@nhyoko.med.navy.mil.

For more information, contact Branch Medical Clinic Sasebo at 252-2551.

## Security indoctrination division graduates

Some of the newest members of Fleet Activities Sasebo's (CFAS) Security Detachment graduated from indoctrination division (I-Division) into sections May 28.

The goal of I-Division is to get all new personnel qualified and ready to stand a proper post by the time they graduate.

Nineteen members of CFAS were recognized.







# Bread Crumbs

*Tidbits of wisdom for spiritual insight and personal growth*  
Cmdr. Harvey E. Ranard, CFAS Command Chaplain

Issue #5- “In need of an altar”

We read in the Old Testament that after God called Abraham to follow Him, Abraham affirmed his commitment by building an altar to God. Upon departing the Ark at the end of the Great Flood, the first thing Noah did was to build an altar unto God. Jacob built an altar unto God after experiencing a life-changing dream in which God assured Jacob that he was with him always... no matter where life’s journey might take him.

Whether made of stone or stubble, out in the wilderness or within a church or synagogue, the altar has served as a center for worship for centuries. An alter serves as a physical point of contact... a place where man reaches out to God in faith. Its mere presence serves as a reminder of God’s continuous presence and declares a continuous call to worship as a designated place to pause, lift our eyes toward heaven, and acknowledge our Heavenly Father.

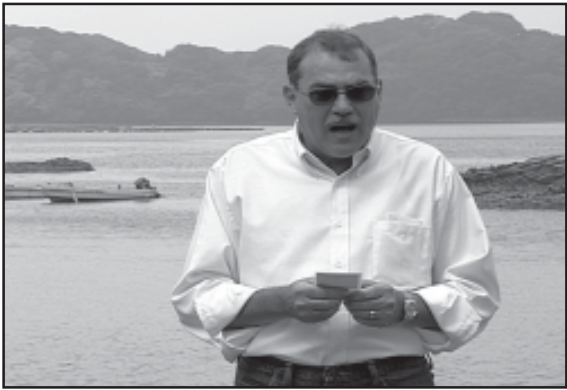
I regret to say that altars seem to be used less and less today by the faithful. Perhaps that is why most newly constructed churches no longer have altars. Too bad...

because individuals that I have met down through the years who are strong in their faith have one thing in common: a designated place to pause and reach out to God – an altar. For some, their altar was at their bedside as they knelt in prayer each night. Others used their favorite reading chair. An elderly lady I used to know used her flower garden as an altar. Many soldiers, past and present, have made an altar out of a foxhole or bomb crater. When I served aboard ship, my altar was the bridge wing at night under the mass of stars visible at sea.

Do you have an altar? Do you have a designated place to pause, lift your eyes toward Heaven, and reach out in faith to God? It matters not so much where that place might be... but that you have such a place. We each need an altar – a place – so that each time we pass by, we are reminded of God and our need for his presence in our lives.

My challenge to you is to follow the example of Abraham, Noah, Jacob, and others... and establish an altar unto God as an affirmation of your commitment to him.

## Religious Ministries offers baptismal service



A CFAS chaplain speaks to the fellowship of people who came out to Shirahama Beach May 30 to be baptized as a sign of their faith or to watch their family and friends get baptized.

According to the chaplain, this is the first time recently a service like this has been held and he feels it is very special to the community.

“Baptism symbolizes everything the ministry is about,” he said. He said it was important for him to honor his own beliefs and provide people within the community the opportunity to do the same. FMI, contact 252-3380. (Official U.S. Navy photo by JOSN Beau Smith)

**Safety, cont. from page 2**  
Other safety mishaps can happen during the summer as well.

“Over Memorial Day weekend alone, we had two off-duty injuries- a twisted ankle and a broken hand,” Whalen said.

According to Whalen, risk management needs to be in place during off-duty activities as well.

During sports events, Whalen says to ensure there are referees and officials present.

“Most sporting events have referees and officials but pick-up games have to have referees too,” Whalen said.

He advised the community to use caution while barbecuing and camping out. He said to use the right equipment and maintain a safe environment.

Also, there are a number of swimming holes in Sasebo and Whalen gave some safety rules for swimming as well.

“Never swim alone and never force a buddy who isn’t a good swimmer to do something unsafe in the water,” Whalen said. He added that peer pressure is what gets people hurt.

Overall, Whalen said that everyone should really think this summer and have a plan. The Navy has implemented hundreds of programs and information for servicemembers and their families to take advantage of, but the responsibility lies within each individual person.

## Essex Sailors show ‘Human Side’

**JO3 James Kimber**  
*Amphibious Force, U.S. Seventh Fleet Public Affairs*

PATTAYA, Thailand — While participating in exercise Cobra Gold 04, 25 USS Essex (LHD 2) Sailors participated in a community relations (COMREL) project at a local children’s home here during a brief port visit, May 26.

Baan Jing Jay, also known as Happy House, is a home where children from poor, troubled or parentless families, and ranging in ages from newborn to 18 years of age, can stay for as long as they need to.

“They have no money; they have nothing,” said Peter B. Piedferme, S.O.S. Rice founder, a non-profit organization in Thailand sponsoring Baan Jing Jay. “Like everybody, they need the basics in life: food, clean water, a clean kitchen, showers to name a few.”

Cryptologic Technician 2<sup>nd</sup> Class (SW) Steven C. Hickman, organizer of the Baan Jing Jay visit, said it’s a great chance for Essex to show that “we care.”

“Personally, I’m doing this because I like children,” said Hickman. “These kids don’t have an adult who can spend a couple of hours a day with them. For our Sailors to come out and get dirty with these kids is great.”

Khun Waraporn, a caretaker at Baan Jing Jay, said the kids are normally upset because they have so many problems at home, whatever their problems may be. However, May 26 would be a day most of the children would probably never forget.

“I feel so happy for the kids right now,” said Waraporn. “They are much more friendly, more active and there are so many more smiles. It’s wonderful to see them just being kids and full of joy.”

According to Lt. Cmdr. Philip J. Pelikan, Essex command chaplain, COMREL projects, like visiting Baan Jing Jay, become a moral boost to crewmembers because the Sailor finds his time fulfilling and rewarding.

“It’s good for the community to see a different side of the U.S. military,” said Pelikan. “[The community] can see our ‘human side,’ our caring, loving ‘family side.’ Our profession is war, but as a last resort. We would much rather try to bring a smile to children’s faces.”

## Sasebo tops spin memories for Darby students

**Chris Boyd**  
*Darby Elementary School*

Darby students had a chance to make their Down tops when the school received a visit from Mr. Yamamoto, the current owner of the Sasebo Tops factory. Mr. Yamamoto is the third generation owner of this factory and gave a demonstration of his skill to many students May 25 and May 26.

Students were able to see Mr. Yamamoto carve a top in about three minutes. He makes about 50 tops a day and they come in a variety sizes, from smaller than one inch to bigger than two feet. Students were amazed to see how quickly the tops took shape under his skilled hands.

While every students was able to see Mr. Yamamoto work, those students who paid a small fee were also able paint a top of their own. Traditional colors are red, black, yellow and green, however, students’

tops had more colors and all looked very unique. Darby Elementary students also had a chance to practice the basic skill of spinning tops during their visit.



Darby students paint their special Sasebo tops. (Photo by Chris Boyd)

## Sasebo Elementary/King Note:

The Sasebo Elementary/E. J. King Library would like the community’s help in ensuring that all school library materials have been returned to the school as soon as possible.

Bills will be sent out soon to all persons with unreturned books, but these books can take months to replace. Please help the library gather their resources by the end of the school year.

Also, due to a necessary and intensive inventorying process, the school library will be closed to students as of Friday, June 4, except for those returning books.

Thank you for your help and understanding.

For more information, contact E.J. King school at 252-3059 or Sasebo Elementary School at 252-3600.



## CFAS Safety corner: Playing safe in the water

**Charles Carr**  
CFAS Safety Department

Water sports are a great way to beat the heat of the summer but precautions need to be taken to ensure that water fun does not become a watery tragedy.

Alcohol and water don't mix. Never operate a boat when drinking. Not only is it dangerous, it's against the law. Be a good example and wear your life jacket. Even if you're an experienced Sailor, consider taking a boating course.

Children should be supervised at all times around water. Toddlers have been known to drown in as little as one inch of water. Teaching a child to swim at an early age is a good idea. Children should never be allowed to swim in any body of water without adult supervision, even if the child has had lessons and is a proficient swimmer. Drowning is called "the silent killer" because children often do not cry out for help and there is very little sound of splashing.

Diving is especially popular among young adults and teenage males, who, according to the U.S. Consumer Product Safety Commission, are the most frequent victims of serious diving injuries.

According to Commission statistics approximately 700 spinal cord injuries occur from diving each year. Paralysis or death result when divers hit their heads on the bottom or sides of a pool or other obstructions in natural bodies of water. The following are some guidelines to consider if you plan on doing any diving.

- 1) Check depth of water and look for any underwater obstructions before diving.
- 2) Never dive in water less than 5 feet deep and never in aboveground pools.
- 3) Keep dives simple.
- 4) Dive with a buddy nearby.
- 5) Dive with hands in front and steer upward immediately upon entering the water; avoid hitting bottom or sides of pool. Only dive from the end of a diving board that has been tested for its spring before use.
- 6) Never dive from rooftops, balconies, ledges or fences.
- 7) When using a slide, never enter the water headfirst.

### **Gold, cont. from page 1**

Corps in that we strengthened an already strong alliance and made ourselves a stronger force."

According to Rear Adm. Gary R. Jones, Commander, Amphibious Force, U.S. Seventh Fleet, exercises like Cobra Gold help strengthen the U.S.'s international and regional ties through military cooperation and education.

"Cobra Gold is just one of the many exercises in this area of responsibility that the FDNF participates in," said Rear Adm. Jones. "Whether it's a large-scale military exercise like Cobra Gold or a smaller, yet equally important, exercise like ANNUALEX with the Japanese Maritime Self-Defense Force, all of our exercises give the forward-deployed Sailors and Marines an opportunity to see what these other forces can do and earn a better understanding of their capabilities.

"It's like having a good neighbor," Rear Adm. Jones continued. "It's great to be able to go next door, have a cup of coffee and get to know those around you. It's just a tiny aspect as to why these exercises are so important to our alliances."

According to Royal Thai navy Lt. Cmdr. Jaiped Thongdoug, commanding officer, HTMS Surin, working and watching the U.S. Navy during past Cobra Gold's has helped the Royal Thai navy to advance technologically.

"The U.S. Navy's technology is amazing," said Thongdoug. "[The U.S.] and Thailand have built a strong alliance and continue to build strong relationships around the world. These friendships are more important than the technology because they are forever."

## Guardian changes command May 26



*The Guests of Honor pass through the sideboys at USS Guardian's (MCM5) Change of Command ceremony May 26. The ceremony took place at the ceremony in the Community and Education Center. (Official U.S. Navy photo by PH3 Ian W. Anderson)*

## Darby students show off their talent May 27

**Chris Boyd**  
Darby Elementary School

Singers, dancers, comedians, flag performers, pianists, and musical groups could all be found strutting their stuff at Darby's Talent Show which took place on Thursday, May 27 at 1 p.m. and then again at 7 p.m. in the Darby Cafeteria. Students of all ages and some faculty showcased a wide range of talents for the school and the Hario community.

The Talent Show has been an annual event for the past three years thanks to the hard work of faculty members and students. This year is the last for emcee and coordinator Joyce Hernandez who has been an active recruiter of talent in previous years.

Planning for the event started at the beginning of May and students were asked to audition so that the coordinators could hear and see what the performers had to offer.

Everyone took a week perfecting their acts and then rehearsals were held two days before the Talent Show so that students could learn their show order and add any finishing touches.

The show had representatives from almost all grade levels



*A Darby student plays the violin in the Talent Show. In the evening performance, she was joined by her violin teacher. (Photo by Chris Boyd)*



*Two CFAS residents display their talents at Darby's Talent Show. (Photo by Chris Boyd)*

performing as well as three faculty members. Dr. Clarke's kindergarten class and Mrs. Smith's third grade class sang at the 1 p.m. show.

Talents that were showcased ranged from singing and dancing to playing the violin and telling jokes. Students showed great enthusiasm and courage as they took the stage and shared their talents.





# UPCOMING EVENTS & MOVIES



## DELUXE

with fries

### Hamburger

MANY TO CHOOSE FROM

### June Lunch Specials

**11th Frame**  
All specials are served Monday - Friday 11 a.m. - 5 p.m. (Except on Maintenance Days)

<b>Monday</b>	Taco Burger & Soda \$4.50
<b>Tuesday</b>	Chicken Pita & Soda \$4.50
<b>Wednesday</b>	Western Bacon BBQ Burger & Soda \$4.50
<b>Thursday</b>	Hawaiian Burger & Soda \$4.50
<b>Friday</b>	Lumpia, Fried Rice & Soda \$5.50

## JUNE & TOURNAMENTS LUNCH SPECIALS

**Ruler of the House II • Challenge #8**  
Friday, June 4  
This tournament consists of 3 games of 9-Pin No Tap bowling.

**3-6-9 Bowling Tournament**  
Friday, June 11  
This tournament consists of 3 games of bowling. Every 3rd, 6th and 9th frame will be automatically scored as a strike.

**No Tap Special Tournament**  
Friday, June 18  
This tournament consists of 4 games as follows:  
Game 1: Scratch  
Game 2: 7-Pin No Tap  
Game 3: 8-Pin No Tap  
Game 4: 9-Pin No Tap

**3-6-9 Bowling Tournament**  
Friday, June 25  
This tournament consists of 3 games of bowling. Every 3rd, 6th and 9th frame will be automatically scored as a strike.

**\$15 Entry Fee**  
18 years or older  
All tournaments begin at 6:30 p.m.  
The highest total pinfall will determine the winner. The total number of participants will determine the prize money.



## French Fries

For more information, call 252-3634.



### Bowling Center

## WE WANT YOUR TALENT!

Sign-up your talent by Friday, June 11 at the Galaxies Cash Cage and be entered into a special drawing for cool prizes! 18 years & older.

**GALAXIES CLUB**

**LAUGH THE NIGHT AWAY!**

**FREE MUNCHIES, GIVEAWAYS & LOTS OF FUN!**

For more information, call 252-2980.



## THE GONG SHOW

Sasebo Style

8 P.M.

Thursday, June 17

### Movie Schedule for June 4 - June 11

## FEATURED PREMIERE



**Rated: PG**

*Starring: Mike Meyers, Eddie Murphy, Cameron Diaz, Julie Andrews and John Cleese*

After battling a fire-breathing dragon and the evil Lord Farquaad to win the hand of Princess Fiona, Shrek now faces his greatest challenge: the in-laws. Returning from their honeymoon, Shrek and Princess Fiona find an invitation to visit her parents, the King and Queen of Far, Far Away. Little do they know that the King has enlisted the help of a powerful Fairy Godmother, along with the handsome Prince Charming and the famed ogre killer Puss In Boots, in order to put right his own version of "happily ever after."

## SHOWBOAT THEATER

TELEPHONE: 252-3822

FRIDAY, JUNE 4	SATURDAY, JUNE 5	SUNDAY, JUNE 6	MONDAY, JUNE 7	TUESDAY, JUNE 8	WEDNESDAY, JUNE 9	THURSDAY, JUNE 10	FRIDAY, JUNE 11
5 p.m. (PG) <b>*Shrek 2</b> 7:30 p.m. (PG-13) <b>*Hellboy</b> 10 p.m. (R) <b>*The Girl Next Door</b>	2 p.m. (PG) <b>Shrek 2</b> 4:30 p.m. (PG) <b>Shrek 2</b> 7 p.m. (PG-13) <b>Hellboy</b> 9:30 p.m. (R) <b>The Girl Next Door</b>	2 p.m. (PG) <b>Home on the Range</b> 5:30 p.m. (PG-13) <b>Hellboy</b> 8 p.m. (PG-13) <b>Van Helsing</b>	6 p.m. (PG-13) <b>Jersey Girl</b> 8:30 p.m. (R) <b>Troy</b>	6 p.m. (PG-13) <b>Hellboy</b> 8:30 p.m. (R) <b>** The Ladykillers</b>	6 p.m. (PG) <b>Shrek 2</b> 8:30 p.m. (R) <b>**Never Die Alone</b>	2 p.m. (PG) <b>The Prince &amp; Me</b> 6 p.m. (PG-13) <b>Van Helsing</b> 8:30 p.m. (R) <b>Troy</b>	5 p.m. (PG-13) <b>*The Day After Tomorrow</b> 7:30 p.m. (PG-13) <b>*Johnson Family Vacation</b> 10 p.m. (PG-13) <b>The Alamo</b>

## HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, JUNE 4	SATURDAY, JUNE 5	SUNDAY, JUNE 6	MONDAY, JUNE 7	TUESDAY, JUNE 8	WEDNESDAY, JUNE 9	THURSDAY, JUNE 10	FRIDAY, JUNE 11
6:30 p.m. (PG-13) <b>*Jersey Girl</b> 9 p.m. (R) <b>Troy</b>	2 p.m. (PG-13) <b>The Whole Ten Yards</b> 6:30 p.m. (PG-13) <b>Walking Tall</b> 9 p.m. (R) <b>Troy</b>	2 p.m. (PG-13) <b>Jersey Girl</b> 6:30 p.m. (PG-13) <b>Walking Tall</b>	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	NO MOVIE SCHEDULED	6:30 p.m. (PG-13) <b>Hellboy</b>	6:30 p.m. (PG) <b>Shrek 2</b> 9 p.m. (PG-13) <b>*Connie and Carla</b>

### THE WHOLE TEN YARDS (PG-13)

*Starring: Bruce Willis, Matthew Perry, Amanda Peet, Kevin Pollak and Natasha Henstridge*  
Thanks to falsified dental records supplied by his former neighbor, Nicholas "Oz" Ozeransky, retired hit man Jimmy "The Tulip" Tudeski now spends his days compulsively cleaning his house and perfecting his culinary skills with his wife Jill, a purported assassin who has yet to pull off a clean hit. Suddenly, an uninvited and unwelcome connection to their past unexpectedly shows up on Jimmy and Jill's doorstep: it's Oz, and he's begging them to help him rescue his wife from a Hungarian mob. Together they'll have to go the whole nine yards and then some to manage the mounting Mafioso mayhem

### HELLBOY (PG-13)

*Starring: Ron Perlman, Selma Blair, Jeffrey Tambor, Karel Roden and Rupert Evans*  
When a Nazi mystical experiment goes awry in 1944, the target of a wizard's spell, the child of Satan, Hellboy is wrenched from his home and adopted by US agents who intercept his arrival. Raised as a force of good, Hellboy grows up to be a full-fledged demon in the form of a man, complete with fierce red skin, a tail, a giant armored glove and two large circles where his horns should be. Now, the adult Hellboy, an investigator of the paranormal, is sent on a mission that brings him back in touch with the evil genius who started it all.

### JERSEY GIRL (PG-13)

*Starring: Ben Affleck, Liv Tyler, Raquel Castro, George Carlin and Jason Biggs*  
Ollie Trinke is at the top of his game. A smooth, Manhattan music publicist, Ollie has just married the love of his life and has a child on the way. It's a perfect life that is tragically upended when he suddenly finds himself a single father unqualified for his new role. Before long, Ollie's big city life-style clashes head on with fatherhood. After losing his job, he's forced to move back in with his father in the New Jersey suburb where he was raised. With the help of a beautiful young friend who opens him up to love again, and the daughter who gives him the courage to keep going, he begins to realize that sometimes, you have to forget about what you thought you were and just accept who you are.

### WALKING TALL (PG-13)

*Starring: Dwayne "The Rock" Johnson, Kristen Wilson, Neal McDonough, Ashley Scott and Johnny Knoxville*  
A retired soldier who returns to his hometown to make a new life for himself, only discovers his wealthy high school rival, Jay Hamilton, has closed the once prosperous lumber mill and turned the town's resources toward criminal gains. The place he grew up in is now overrun with crime, drugs and violence. Enlisting the help of his old pal, he gets elected sheriff and vows to shut down Hamilton's operations. His actions endanger his family and threaten his own life, but he refuses to back down until his hometown once again feels like home.





#### Have Fun Bowling

Come on down to the Spare Time Recreation Center every Friday in June and join in on one of their great bowling tournaments. The Ruler of the House on June 4 consists of 3 games of 9-Pin No Tap bowling. Friday, June 11 is the 3-6-9 Bowling Tournament consisting of 3 games of 3-6-9 bowling. Each 3<sup>rd</sup>, 6<sup>th</sup> and 9<sup>th</sup> frame is automatically scored as a strike. Tournaments begin at 6:30 p.m. Entry fee is \$15 per person. The highest total pin fall will determine the winner. The total number of participants will determine the prize money. Must be 18 years or older. For more information, call 252-3634

#### One Man's Trash is Another Man's Treasure

Stop by the Hario Community Swap Meet at

the Hario Fitness Center on Saturday, June 5 and get some great buys. Doors open at 9 a.m. No early birds. For more information, call 252-8860.

#### Boys & Girls Clubs of Sasebo Youth Summer Camp

Registration is going on now for this year's 2004 Summer Camp. Stop by the Main Base or Hario Youth Center and register your 5 – 12 year old for a summer of fun. You can sign up for one week or for the whole summer. Two great camps to choose from each week, one will be creative, and the other active. First come, first serve basis. For more information, call 252-2989 or 252-8866.

#### MWR is Welcoming Home Our Fleet with Dishwalla Live in Concert

The Housing Welcome Center Parking lot is

the place to be on Tuesday, June 15 at 3 p.m. There will be Big Glove Boxing, Arm Wrestling, Jousting, Sumo, Live Concert (4:30 p.m.), Food and more. For more information, call 252-2928.

#### Waterskiing in the Waters of Japan

The Sailing & Outdoor Adventure Center is welcoming in the summer with two great waterskiing trips. On Friday, June 18 from 10 a.m. – 2 p.m., a trip for teens (13 years & older) is happening for just \$15. Sunday, June 20 from 10 a.m. – 2 p.m. there will be waterskiing for adults. Cost is \$15. Sign up early, as spaces are limited. For more information, call 252-3500.

#### Get Your Act Together for the Gong Show

Think you got talent and can win the judges over? Bring it on down to the Galaxies Club on Thursday, June 17 for Sasebo's version of the Gong Show. The Fun begins at 8 p.m. for 18 years or older. Spectators are welcome. Don't miss this night of fun and a chance to win cool prizes. Sign up by Friday, June 11 and you will be entered for a special drawing. For more information, call 252-2980.

#### Iron Maidens at Galaxies

The Iron Maidens, the world's only female tribute band to Iron Maiden is going to

perform live at Galaxies on Sunday, June 20, 8 p.m. Free. Visit their Web site at: <[www.theironmaidens.com](http://www.theironmaidens.com)>. For more information, call 252-2980.

#### Comedy Showcase at Galaxies

Enjoy a night of laughs on Tuesday, June 22 at Galaxies. Featured comics Nate Timmel and D'Militant live on stage at 8 p.m. This show is free. For more information, call 252-2980.

#### On the Road with Travel & Tours

Don't let this summer pass you by without discovering Japan with Travel & Tours.

Here are a few upcoming trips:

Saturday, June 12, Pro Baseball Night Game at the Fukuoka Dome. All seats \$30. Sunday, June 13, it's off to Mitsui Greenland Amusement Park for a day of fun. Adults \$30, over 120 cm / 3-15 \$22, under 120 cm / 2 & under \$14. This park offers a variety of things to do and see. There are over 60 amusement activities and rides. Mitsui Greenland is a place for all ages. Sunday, June 13 is a day of underwater discovery and great shopping at Marine World & Costco. Adults \$25, 6-14 \$15, 5 & under \$10. For more information, call 252-3433.

## Living in Japan: What is it about pachinko?

I'm sure many of you out there have taken the opportunity to drop into one of the many gaudily illuminated pachinko parlors you've seen here in Japan. The outward appearance of most of them look like gauche knock-offs of Las Vegas glitter-palaces,

portending great amusements and circus like excitement inside. Stepping through their doors, many Americans are disappointed to discover only row after row of ringing, buzzing, and flashing vertical pinball machines, surrounded by the cacophony of balls and bells and the almost blinding illumination of overhead lighting.

Unlike our idea of an arcade environment, with skee-ball, basketball throws, knock down the milk bottles, and other such games of "skill," at a pachinko parlor you will sit and stare at the glass in front of you as your pachinko balls bounce and carom off the pins, hopefully triggering the butterfly flaps and causing the machine to disgorge more balls into your waiting tray.



SUPERVISORY PROGRAMS  
MANAGER  
FLEET & FAMILY SUPPORT  
CENTER

I personally am not a fan of today's pachinko machines. In the good old days, you had to individually flip a lever to rocket each ball out of the chute for its trip through the maze of pins and bumpers. Your skill at administering just the correct amount of thumb pressure and finesse had much to do with how successful you were in beating the machine. Today, you twist a knob and the machine shoots out ball after ball until your tray is empty, with the degree you turn the

handle determining how far and how fast your pachinko balls travel. It seems lazy to me, but for professional pachinko players, who can make a living by beating pachinko machines, it probably saves them from incurring carpal tunnel syndrome.

Another unnecessary marvel that has been introduced to a "sporting endeavor" is the automatic bowling score keeper. I am equally opposed to this evolutionary change as well. The degree of patience and bonding necessary for a father to explain the complexities of keeping score in bowling to a son or daughter was a true rite of passage. A strike is ten pins plus whatever you get on the next two balls, with a spare being ten plus the pin count from the next ball thrown. There is simple beauty in these equations, and a certain amount of power in being the only one in a group of bowlers who truly knows how to keep score and darken in the strikes and spares, creating an esthetically pleasing appearance on a score sheet. That, plus the fact the automatic score keeping mechanisms can't be manipulated to shave a couple of pins off of an opponents score when a game is very close.



## Betcha didn't know about cruiser Yahagi

Phil Eakins  
*Base Historian*

The former Sasebo Naval Arsenal built more than 250 naval vessels for the Imperial Navy between 1906 and 1945. The majority of these vessels were destroyers and submarines, but the arsenal was tasked occasionally with building other types of vessels. The largest type of warship constructed here was the Agano-class light cruiser. Of the four cruisers that made up this particular class, the Sasebo Naval Arsenal built three.

The Agano, Yahagi and Sakawa were commissioned between 1941 and 1944 and only Sakawa survived to see the end of the Pacific War. Agano was the first to fall, sunk by submarine USS Skate near

Truk in February 1944. Yahagi's final sortie was doomed from the start: she was one of the escorts for battleship Yamato's suicide mission to Okinawa.

On April 7, 1945, U.S. Navy aircraft from Task Force 58 attacked the Yamato group as it sailed between Kyushu and Okinawa. An aerial torpedo slammed into Yahagi during the first wave shortly after noon. Six more torpedoes and 12 bombs would find their mark before the cruiser rolled to starboard and capsized at 2:05 p.m. Out of a crew of 1,000, a total of 446, including Yahagi's executive officer, went down with the ship. The Yahagi survivors were picked up by destroyers Hatsushimo and Yukikaze and brought back to Sasebo. Six other ships, including the mighty Yamato, were sunk the same day.

One of Yahagi's survivors, Takekuni Ikeda, became an architect after the war. The Sasebo area left a deep impression on him and he returned one day to build a vacation house along the shores of Omura Bay. Years later Mr. Ikeda was introduced to Yoshikuni Kamichika of Seihi town and together they helped design and build a theme park that is familiar to everyone in Sasebo and throughout Japan: Huis ten Bosch.

Another former Yahagi crewmember, left ashore before the final sortie, handcrafted a large model of the ship about 10 years ago. It is now displayed in the meeting room at the former Imperial Japanese Navy cemetery in Tenjin cho.



Worship Services

Community Chapel, Main Base

Roman Catholic  
Sun. 9 a.m., Tue.- Fri. 11:30 a.m., Sat. 5:30 p.m.  
Protestant  
Sun. 11 a.m.  
Protestant Sunday Schools  
Sun. 9:30 a.m.  
Catholic Catechetical Doctrine  
Sun. 10:15 a.m.  
Ladies Bible Study by Beth Moore  
Wed. 9:30 a.m. & 6:30 p.m.- Music room  
Christian Men’s Fellowship  
Every fourth Sat. of the month, 8 a.m., Fellowship Hall.

Hario Chapel

Protestant (Traditional)  
Sun. 9:30 a.m.  
Roman Catholic  
Sun. noon  
Episcopal  
Sun. 5 p.m.  
http://culdee.org  
Protestant Sunday School  
Sun. 9:45 a.m.  
Catholic Catechetical Doctrine  
Sun. 11 a.m.  
Ladies Midweek Bible Study  
Wed., 9 a.m.  
Youth Drama Group  
Sun. 1:30 p.m.

Lay Congregations

Church of Christ (CEC)  
(non-instrumental), Sun. 10 a.m. at Main Base FMI 252-8122  
Jewish Community  
Contact Religious Ministries at 252-3380 FMI  
Nichiren Daishonin’s Buddhism (SGI-USA)  
Sat. 1 p.m. at the Community and Education Center (CEC). FMI 252- 8165  
New Life Christian Fellowship (CEC)  
Sunday School- 12:15 p.m. MB, Sunday Worship Service- 1 p.m. MB, Adult Bible Study - Fridays, 6 p.m. Hario. Prayer Meeting- Wed., 6 p.m., Hario. FMI 252-7332  
Ladies Bible Study (CEC)  
Tuesday 6:30 p.m.- Music Room  
FMI call 252-8632  
Family Bible Study (Hario)  
Wednesdays 7 p.m. FMI call 252-8632

Off-base Congregations

Greater Harvest Holiness Church of God in Christ  
Located in Daikoku-cho. Sun. 11 a.m. FMI 090-1517-7712  
Church of Jesus Christ of Latter Day Saints  
Missionary- 252-8279  
Lighthouse Baptist Church  
Sun. 11 a.m. & 6 p.m. Wed. 7 p.m. FMI, 33-9011 or 090-8914-8319.  
International Christian Assembly  
Assemblies of God; Sun. 10:30 a.m. & 5:30 p.m. FMI, 28-4063.  
Iglesia Ni Cristo  
252-2363 During working hrs.  
252-8453 After working hrs.

For more information, please contact Religious Ministries at 252-3380.

AFN-TV Schedule June 5 - June 11

The following schedule is an abbreviated schedule. For a full schedule, please log on to [www.myafn.net](http://www.myafn.net) or check AFN Channel 5.

	News	Spect.	Pac.	Atlan.	Sports
Sat. June 5	9 a.m. - Countdown w/ Kieth Olbermann 11 a.m. - The News Hour 4 p.m. - Nightline 6 p.m. - CNN Live 8 p.m. - CNN Saturday Morning	9 a.m. - Burt Wolf’s Local Flavors 10 a.m. - Trading Spaces 4 p.m. - The View 8 p.m. - Everwood 9 p.m. - Strong Medicine	3 p.m. - Lizzie McGuire 7 p.m. - My Wife & Kids 8 p.m. - The West Wing 10 p.m. - Headline News	8 a.m. - Dumb And Dumber 9:45 a.m. - The Mask 3 p.m. - Spongebob Squarepants 7 p.m. -Entertainment Tonight 11 p.m. - Law & Order	8 a.m. - SportsCenter 9 a.m. - MLB 4 p.m. - NASCAR Craftsman Truck Series 8 p.m. - French Open Tennis
Sun. June 6	9 a.m. - Washington Week In Review 10 a.m. - CNN People in The News 6 p.m. - Big Story Weekend Edition 7 p.m. - CNN Presents	9 a.m. - Music and the Spoken Word 6 p.m. - The Simpsons 8 p.m. - Joan of Arcadia 9 p.m. M*A*S*H	12:30 p.m. - Arthur 3 p.m. - MotorWeek 7 p.m. - Judging Amy 8 p.m. - Mr.Deeds 11 p.m. - That 70s Show	8 a.m. - Saturday Night Live 12 p.m. - Headline News 4 p.m. - Gotta Kick It Up! 8 p.m. - WWE Smackdown!	8 a.m. - MLB 1 p.m. - WNBA 4 p.m. - PGA Tour 8 p.m. - NHL 11:30 p.m. - SportsCenter
Mon. June 7	7 a.m. - Tim Russert 8 a.m. - Fox Report 9 a.m. - This Week 11 a.m. - 60 Minutes 4 p.m. - Beltway Boys 8 p.m. - Good Morning America	10 a.m. - Average Joe 2 p.m. - Vice Versa 5 p.m. - The Simpsons 8 p.m. - Monster Garage	9:30 a.m. - NBA 1:25 p.m. - Guiding Light 4:30 p.m. - Even Stevens 6:30 p.m. - Pacific Report 8 p.m - Cold Case	8:30 a.m. - Seinfeld 12 p.m. - Meet the Press 3:30 p.m. - Wheel of Fortune 7:30 p.m. - Judge Judy 8 p.m. - Today 10:30 p.m. - Digimon	7 a.m. - French Open Tennis 10 a.m. - AFL 2:30 p.m. - SportsCenter 4 p.m. - PGA Tour 8:30 p.m. - NBA 11 p.m. - Moto GP
Tues. June 8	7 a.m. - Headline News 8:30 a.m. - CBS Evening News 10 a.m. - Hannity & Colmes 6 p.m. - CNN Daybreak	9:30 a.m. - Happy Days 6 p.m. - Monk 7 p.m. - ER 8 p.m. - Inside the Actor’s Studio 9 p.m - The Hurricane	12 p.m. - NBC Nightly News 3 p.m. - Arthur 5 p.m. - Jeopardy! 8 p.m. - John Q 10:45 p.m. - Tonight Show with Jay Leno	9 a.m. - Sports TBD 12 a.m. - Headline News 3 p.m. - Sagwa 5:35 p.m. - Guiding Light 6:17 p.m. - General Hospital	9 a.m. - MLS 11 a.m. - Champ Car World Series 1:30 p.m. - Rip Curl Presents 4 p.m. - NFL Europe 8 p.m. - NLB
Wed. June 9	8 a.m. - ABC World News Tonight 12 p.m. - BET Nightly News 2 p.m.- Newsnight w/ Aaron Brown 7 p.m. - The O’Reilly Factor	10 a.m. - Super Millionaire 2 p.m. - Crimson Tide 7 p.m. - Star Trek 8 p.m. - Mail Call 9 p.m. - Secrets Of War	9:30 a.m. - NBA 12 p.m - NBC Nightly News 7 p.m. - 8 Simple Rules 8 p.m. - Fear Factor 9 p.m. - The O.C.	8 a.m. - 4 QTRS 12 p.m. - Headline News 4 p.m. - The Dr. Phil Show 8 p.m. - Today 10 p.m. - Between The Lions	8 a.m. - MLB 2 p.m. - ESPNNews 2:30 p.m. - Totally NASCAR 3 p.m. - SportsCenter
Thurs. June 10	7:30 a.m. - NBC Nightly News 12:30 p.m. - Nightly Business Report 3 p.m. - Paula Zahn Now 6 p.m. - 60 Minutes II	8 a.m. - The Wild Thornberrys 2 p.m. - Masterpiece Theatre 6 p.m. - One Tree Hill 7 p.m. - The West Wing	8 a.m. - Sesame Street 3 p.m. - Disney’s Hercules 4 p.m. - The Dr. Phil Show 7 p.m. - Today 8 p.m. - Disney’s Hercules	8 a.m. - The Lost World 10:30 a.m. - The Purple Rose of Cairo 4 p.m. - The Dr. Phil Show 8 p.m. - Today 10 p.m. - Disney’s Hercules	7 a.m. - Sportscenter 4 p.m. - PBR Bull Riding 7 p.m. - MLB 11 p.m. - AMA Motocross
Fri. June 11	1 p.m. - Larry King Live 5 p.m. - Hardball w/ Chris Matthews 6 p.m. - Primetime 8 p.m. - Good Morning America	8:30 a.m. - Spongebob Squarepants 3 p.m. - The X-Files 6 p.m. - The Dead Zone 7 p.m. - Boston Public	9:30 a.m. - NBA 3 p.m. - House of Mouse 4:30 p.m. - As Told by Ginger 8 p.m. - The Apprentice 9 p.m. - Alias	12 p.m. - Headline News 3:30 p.m. - Wheel Of Fortune 5:35 p.m. - Guiding Light 11 p.m. - Ozzy & Drix	9 a.m. - Sports Special 11 a.m. - MLB 4 p.m. - MLB 8 p.m. - NBA 10 p.m. - SportsCenter

Non-Profit Organizations

Al-Anon  
090-8229-7048, 090-9602-4353  
Alcoholics Anonymous  
090-9602-4353, 090-8229-7048

CFAS Wardroom Association  
252-3452  
CPO Association  
252-3521

Exceptional Sailor Program  
Shore Duty E-4 and below, 252-5525

Filipino American Association  
252-8361, 080-3228-5809

Guardian Angels  
Spouse support group. 090-5945-2150

MCM Spouse Support Group  
252-7235  
Navy League, Sasebo Council  
252-3109

Nippon Lodge Number 9  
252-3481  
Officers’ Spouses’ Club  
252-7345

Sasebo Bluejackets Association  
E-1 to E-6 personnel. 252-3481  
Sasebo Eagles Little League Club  
<c30-dd@cfas.navy.mil>  
Sasebo First Class Association  
Shore Duty E-6’s. 252-2181/3347  
Sasebo Homeschool Support Group  
252-8195, 0956-58-7875

Thrifty Treasures  
252-8940

USS Essex Family Support Group  
0956-32-2177  
USA Girl Scouts Overseas  
0956-49-5273  
USO  
252-3959

Community Numbers Branch Medical

Hours of Operation  
Monday & Friday 8:30-11:30; 12:30 - 4 p.m.  
Tuesday & Thursday 7:30-11:30; 12:30 - 4 p.m.  
Wednesday 8:30-11:30  
Appointment Line: 252-2550  
Hario Annex Clinic: 252-8770  
Online Medication Refill: <[www.nhyoko.med.navy.mil](http://www.nhyoko.med.navy.mil)>  
TRICARE Health Line: 005-3111-4621  
TRICARE Enrollment: 252-2572

EMERGENCY NUMBERS  
On Base: 9-1-1  
Off Base: 0956-23-9911  
Patient Comment Line: 252-2536  
Or send e-mail to: <[SASOIC@nhyoko.med.navy.mil](mailto:SASOIC@nhyoko.med.navy.mil)>

Branch Dental

Hours of Operation  
Mon.-Tue., Thu.-Fri. 7:15 - 4 p.m.  
Wed. (Hario closed) 7:15 - noon  
Sick Call 7:15 - 9 a.m.  
Main Base: 252-3886  
252-3747  
252-8977  
Hario: 252-8977  
EMERGENCY NUMBERS  
After Hours: 252-2550  
252-2551  
Cell: 080-5059-6754

CFAS Security

Lost and Found 252-2392  
Desk Sergeant 252-3446 or 3447  
Security Operations Officer 252-2371  
Security Administration 252-2386

Fire Department

Business lines  
Information/Dispatcher 252-3408/3518  
Dispatcher 252-2144  
Fire Chief 252-2147  
Prevention Chief 252-2139  
Training Chief 252-2149

Fire Prevention Offices  
Main Base & Hario 252-2142/2163  
Ordnance Area 252-2162  
FISC Areas 252-2166

Other numbers

Command Chaplain 252-3380  
Fleet & Family Support Center 252-3604  
CFAS Quarterdeck 252-3311  
Navy Relief Society 252-3366  
CFAS Public Affairs (Shore-based commands) 252-3409  
CTF-76 Public Affairs (Sea-based commands) 252-2131  
USO 252-3959  
Navy Lodge 252-3608  
AFN 252-3869  
1575 Thunder Radio 252-1575  
Command Connections 252-2290



# Hario gym place to start weight loss

Frank A. DeSilva  
MWR Marketing

At 5' 8" Anabela Arruda, all of 19 years old, was slim, trim, strikingly beautiful and greatly adored by the many young bachelors in her hometown of Praia Da Victoria on the Island of Terceira off the coast of Portugal. In 1991, she met and fell in love with her future husband Mark Fitz, a young Sailor stationed at nearby Lajes Field.

The tall, slim young lady - comfortable in a two-piece bathing suit or a size five dress - arrived in Jacksonville, Fla. where her new husband reported for duty and settled in.

"When I came to America I weighed 135 lbs. and was in good health," she said. "But you know, it was my first time away from home and everything in America was new to me. I don't know if I was afraid to go out or what, but I just stayed at home, watched TV for hours on end and ate a lot...I just kept on eating and eating. I guess you could say I found comfort in eating."

Anabela gave birth to their first child, Anissa, in 1993, and put on an additional 65 lbs. in the process. But months after delivery she still made no effort to shed the extra weight. Before she knew it the pounds were adding up.

When she was above the 200 lb. mark, her husband decided it was time to speak up. Although he tried his best to be tactful about it, Anabela didn't take his 'suggestions' about losing weight very gracefully.

"We had some arguments over my weight, but I was in denial," she said. "I didn't want to hear it."

As the years went by, Anabela continued to gain weight. Three years later, in 1996 she gave birth to their second child Martel. She made no effort to shed those extra pounds either. Although husband Mark kept tactfully 'reminding' her that it might be a good idea to lose some weight, Anabela just wasn't interested.

"Then in 1999 Mark received orders to Rota, Spain," she said. "I could hardly wait to visit my family and friends back home in Terceira."

When she showed up back in her hometown in early 2000, family and friends were taken aback at the young lady they remembered who once wore a size five, but was now a size 20.

"It was a horrible vacation," she recalled. "They didn't see me - the person I have always been. They just saw the outside and they couldn't believe it. I was so depressed."

"Another year went by and I gained 37 more pounds. I guess that's when I decided I had to do something. I was

fed up with it," Fitz said.

Determined to finally do something about it, Anabela went straight to the base gym when she got back to Rota.

"I went to the gym every day to workout, and I decided to cut down on the portions of food I was eating. I still eat pretty much whatever I want, but I don't eat anywhere near as much now as I used to," Fitz said.



Anabela Fitz works out at the Hario gym last week. (Photo by Frank DeSilva)

Shortly after arriving in Sasebo in 2002 Anabela found a nice area to run in the Hario complex and hit the trails every day.

Now approaching her ideal weight, Anabela is working hard to tone up. She visits the Hario gym six days a week, usually for about 90 minutes, give or take a few. She said she hopes to become a personal trainer one day, to help other overweight people take back their lives.

"Losing a large amount of weight is not that hard to do, really. Just 90 minutes a day is all it takes, plus a commitment to eat less. I'm living proof that it can be done. I feel great about myself," she said.

She says the Hario Gym is an ideal place to begin a weight reduction program. They have all the necessary equipment anyone would need, and it's all free.

Hario Fitness manager David Glazier is also available to assist patrons with personal weight training programs tailored to fit their needs as well as to provide professional guidance and expert advice to anyone who asks.

Between the cutback in portions and her ongoing exercise program, Anabela has lost 97 lbs. as of today. She invites anyone interested in talking to her for help or advice to contact her anytime.

Anyone can stop by the Hario Gym for assistance or call them at 252-8960.

## Talented students at Sasebo Elementary open museum

Beth Martin  
Sasebo Elementary School

Famous museums of the world had a rival last week when the Talented and Gifted students at Sasebo Elementary School opened their own museum to students and parents.

The museum was the culminating activity for their projects throughout the year. One of the prerequisites to the creation of their own museum was visiting the local Fleet Activities Sasebo (CFAS) Naval History Museum, located at the Community and Education Center . There they discussed the museum and its contents with curator Phil Eakins. The students also visited several private collections, including one of mandala, owned by Wendell Johnson. The students were encouraged to bring in their own collections and discuss them as well as do research on their items. The student-created museum at Sasebo Elementary included models, research projects, poems and



Reia Guevarra, John Martin and Haley Doyle participate in the museum. (Photo released by CFAS Public Affairs)

artwork. The students acted as docents, answering questions and leading visitors through the exhibits.

The first grade gallery included an exhibit about spring. It featured insects that the students had drawn, clouds and flowers the students had made as well as poems about animals. Visitors to the secon and third grade gallery could view many familiar items from the Land of the Rising Sun. There were chopsticks, miniature rock gardens, castles and temples. The docents for this exhibit were appropriately dressed in kimonos.

Continuing, visitors were met by docents clad in medieval knights costume and young maidens dresses. The docents explained the various models of castles, the different parts of a castle and discussed daily life in a castle. Replicas of weapons decorated the wall and added to the medieval atmosphere.

In the next exhibit the visitors could journey through space. The fifth graders had prepared scale replicas of each of the planets, which were displayed along with pertinent facts that a space traveler might need. There was at least one space alien docent to answer any questions.

After returning to earth from the space exhibit visitors could journey to the world of Fantasy. The sixth graders had prepared a display about fairies, ogres, and gods. They had researched various forms of tales and made props to help visualize them.

Ms. Brenda Mans who coordinated the museum stated the "activities were all planned in order to give them a sense of the importance and meaning of artifacts." The students gained a deeper understanding of history, culture and the importance of the past to the future.

## CFAS conducts RPP inspections



agent fees and since the units are built to western standards there are no restoration fees. This site will be a five story, 36 unit complex, of which 18 units of Phase 1 are currently under construction and should be available by the end of August 2004. Negotiations are being pursued for this to be the first RPP site in Sasebo. (Official U.S. Navy photo by JO1 (SW) Ron Inman)

Capt. Michael L. James, Commander, Fleet Activities Sasebo, left, listens as the Housing Facilities and Budget Manager describes the ongoing construction of the proposed Rental Partnership Program (RPP) building site, tentatively named Fleet Akasaki, in Akasaki-cho, Sasebo City. RPP was developed to provide quality and affordable off-base housing for military families and bachelors. Units are built to western standards and include appliances such as refrigerator, stove/oven, washer/dryer, air conditioning and heat. Normal up-front fees are waived for security deposits,



# Base, community announcements

## Temporary Vehicle Pass

SOFA members and MLC/IHA employees who are authorized to have a permanent vehicle pass (decal/base sticker) are now allowed to get a Temporary Vehicle Pass (TVP) issued for a newly purchased Privately Owned Vehicle (POV) at the vehicle inspection area located by the Tategami Gate.

MLC/IHA employees are no longer required to submit an application for a vehicle access pass. Simply go to the vehicle inspection area, present a vehicle registration form and insurance to the security personnel, get your POV inspected and a TVP will be issued to enter Main Base.

The TVP is valid for 24 hours. In case of weekends and holidays, a TVP is valid until the next working day of the Vehicle Registration Office (VRO) and the security pass office. Go to VRO or the pass office, return the TVP, present the necessary paperwork to the staff and then the appropriate vehicle pass will be issued. For any questions, please call VRO at 252-2378/2377 or the pass office at 252-2373/3692.

## E.J. King Graduation

Graduation for E.J. King seniors will be June 5 at 1 p.m. at the Community and Education Center. A reception will follow. A Baccalaureate Ceremony for the seniors will be held at the Community and Education Center June 4, 6 - 9 p.m. For more information please contact 252 - 3059.

## USS Essex Tiger Cruise

CFAS and USS Essex are sponsoring a Tiger Cruise for family and friends June 13 - 15. Catch the ship from Okinawa and ride back to Sasebo. Cost of meals is \$23 - \$27. For more information call 252-2032.

## Parking Lot Closure

CFAS Housing Welcome Center and the PSD parking lot will be secured on June 15 at midnight until June 16 at 6 p.m. for the Dishwalla Concert. For more information please call 252-2385.

## Final Week of School

The end of the school year is upon us, and E.J.King would like both students and parents to be ready for a hectic and exciting week. The exam schedule is as follows; June 4: Periods one and three exams, 11:05 a.m. dismissal  
June 7: Periods four and five exams, 11:05 a.m. dismissal  
June 8: Periods six and seven exams, 11:05 a.m. dismissal  
June 9: Period eight exam, 9:30 dismissal  
June 10: No school - Teacher work day.  
June 11: Last day of school 9 a.m. dismissal, students receive grades.

Sasebo Elementary has a regular 2:45 dismissal through June 9. For more information please call E.J.King at 252-3059.

## Voter Registration

The Staff Judge Advocate’s Office (SJA) has a booth in the Bayside Food Court on Tuesdays and Thursdays from 11 a.m. until 1 p.m. Volunteers will provide assistance with absentee ballot registration cards.

For more information contact the SJA’s office at 252-2103/3385.

Additional information can also be found on the Federal Voting Assistance Program (FVAP) website at <[www.fvap.gov](http://www.fvap.gov)>.

## Parents Association of Youth Sports (PAYS)

PAYS is now available online. This new system is ideal for parents with Internet access and highly encouraged for parents with children involved in youth sports. Interested parents should visit the Web site <[www.nays.org](http://www.nays.org)>. To utilize the online registration click the *select a page* button on the left-hand side of the home page screen and follow the easy step-by-step instructions.

## USO Hours

**Nimitz Park** (Temporary until June 25th)  
Mon., Wed., Thursday: 1- 6 p.m.  
Fri., Sat., Sun.: 1- 9 p.m.  
Tuesday: Closed  
Expanded hours begin June 26 with an Open House to welcome AIU Insurance.  
**Fleet Landing** (Permanent)  
Mon. - Fri.: 9 a.m. - 5 p.m.  
Saturday, Sunday: Closed, if no volunteer

## Correction on Library hours

The *Soundings* May 29 issue published an MWR buget cut article by Frank DeSilva. The Main Base library hours were incorrect. The correct hours are as follows: Monday through Friday 10 a.m. until 10 p.m.; Saturday 9 a.m. until 10 p.m.and; Sundays and Holidays 10 a.m. until 5 p.m.

## USS Juneau Families

Courtesy of Capt. K.E. O’Flaherty USS Juneau Commanding Officer, families can enjoy a free meal at the Harbor View Club until June 12. Certificates can be obtained at the Harbor View Club Cashier’s Cage. Simply identify yourself as a Juneau spouse, show your military identification card and initial the roster. For more information contact the command ombudsman at 252-8184.

## Soundings Volunteers Needed

Do you have a talent for writing, layout or print design? Do you have a passion for photography or sports? Are you a former editor for the *New York Times*? If so, *Sasebo Soundings* needs you! Please contact JO1(SW) Inman or JO3 Blowers at 252-3409/3485.

## Vet Clinic

The Vet Clinic is cleaning out their records. If you have a pet in Sasebo that has not been seen over the past 12 months please call the clinic to make sure that your animal’s record is up to date. For more information, contact the Vet Clinic at 252-3585.

## Harpers Ferry Spouse Support Group

The USS Harpers Ferry Spouse Support Group meets the third Friday of each month at the Harbor Cafe at 5 p.m. If you are a Harpers Ferry spouse, please join us. Kids are welcome. Have some coffee and find out what’s going on.

## Essex Family Support Group

The USS Essex Family Support Group meets the third Tuesday of each month at the Community and Education Center in the Fellowship Hall at 6 p.m. Children are encouraged. Please bring a potluck dish to share. For more information call 0956-32-2177.

## Juneau Family Support Group

The USS Juneau Family Support Group meets the second Thursday of every month starting in June, at the coffee shop in Harbor View Club at 6 p.m. until 7 p.m. If you are a Juneau spouse, please join us to meet and greet one another. Kids are welcome, there will be no baby-sitting provided.

## Fort McHenry Family Support Group

The next USS Fort McHenry Family Support Group meeting will be held in June. Please watch for upcoming notices on date, time and location. We are also planning family events for the summer.

## Used Car Sales Event

The next Used Car Sales event will be held June 18 - 20 in the Branch Medical Clinic parking lot. Sponsored by Sasebo Chief Petty Officer’s Association. Hours are Friday 5 - 7 p.m., Saturday 9 a.m. - 7 p.m. and Sunday 10 a.m. - 3 p.m. Ten percent of purchase price goes to sponsoring organization.

## NEX Notes

Furniture Sale	Now - June 15
Dads & Grads	June 9 - 13
Father's Day Sale	June 15 - 20
Furniture Sale	June 23 - July 5
NEX Sale	June 29 - July 5
July 4th Sale	July 3 - 5

**Father's Day is June 20**  
We will have two sale events for Father's Day June 9-13 and June 15-20. The first Father's Day flyer features 20% off entire stock of Chaps and Izod, 20% off entire stock of Nike® men's apparel and shoes. Check out the flyer available in our stores. NEX prices are an average of 20.7% below the competition. To order your special bouquet for Father's Day, stop by our Flower Shop. Teleflora overseas delivery and local on base delivery are available. Call 252-3506 for further information. If you can't decide on a gift, NEX Gift Certificates are available at Main Store Customer Service.

**Flag Day is June 14**  
We salute the Red, White and Blue! The American flag and related accessories are available at your NEX. The NEX Flower Shop has changed suppliers. Now we offer a better selection at better prices. See our daily bouquets at the Autoport, Mini-Mart, or Personalized Services Counter in the Fleet Exchange. We make arrangements and bouquets on request to fit your price and style. Also we have a great new selection of balloons and now offer balloon gift wrapping.

**Hario Beauty Shop has a beautician**  
Please stop by and meet Kiyomi-san. The Hario Beauty shop is open Wednesday, Thursday, and Friday from 10 a.m. until 5 p.m. Our barber is available Saturday from 11 a.m. to 6 p.m. Appointments preferred. Call 252-8853 for more information.

**Softland Video Rental Grand Opening**  
NEX Softland Video Rental on Main Base will hold it's Grand Opening on Fleet Appreciation Day, June 15! Stop by for some cake, and a chance to win prize giveaways. Get a free rental when you sign up for membership.

**New Car Sales Giveaway**  
Enter for a chance to win a New Harley-Davidson Motorcycle until June 14. Also select 2005 Ford, Chrysler, and General Motors models at 2004 prices. For more information please call Zak at Exchange New Car Sales 252-3792.

**Dynasty June Sale**  
Dynasty Gems will offer 40% off all Dynasty 18k gold jewelry and 20% off all 20k Thailand Baht, now through 15 June at Main Store Fine Jewelry department.





# CLASSIFIEDS

## VEHICLES

(Exp. June 12) **1995 Mitsubishi Chariot**, asking \$2800. Call Suzanne at 22 7393.

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(Exp. June 12) **1993 Toyota liteACE**, JCI '06, asking \$2000 now after second week of June, asking \$1500. Call 38 8743 or 090 3799 0754.

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(Exp. June 12) **1989 Honda Legend**, asking \$1000 obo. Call B.J. Talaro at 252-8458 or 090 1191 9650.

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(Exp. June 12) **1995 Nissan Prairie**, JCI '04, asking \$2500. Call Sean 252-8441/8977.

(Exp. June 12) **1994 Honda Rafega**, JCI '05, asking \$1800 obo. Call Scott 080 3944 6046.

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(Exp. June 12) **1994 Mazda Familia**, JCI '05, asking \$800 obo. Call Steve 252-7351 or 080 3228 5791.

\*\*\*\*\*

(Exp. June 12) **1995 Mazda Proceed 4WD SUV**, JCI '04, asking \$3500 obo. Also selling **1991 Toyota Supra Twin Turbo**, JCI '05, asking \$2900 obo. Call Barbara 090 2088 3532.

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(Exp. June 19) **1996 Honda Stationwagon**, JCI '05, asking \$3300. Call 090 7396 9753.

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(Exp. June 19) **1993 Toyota Surf**, JCI '06, asking \$2000. Call Don at 252-7335 or 090 9478 4908.

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(Exp. June 19) **1992 Daihatsu Mira**, JCI '05, asking \$1250. Call 252-3601/3608.

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(Exp. June 19) **1990 Nissan Laurel**, JCI '05, asking \$1150. Call 252-8902/3746 or 090 6192 3067.

\*\*\*\*\*

(Exp. June 19) **1992 Mazda Autozam**, JCI '05, asking \$2799. Call Ernest at 252-8687 or 090 8394 6907.

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(Exp. June 19) **1989 Toyota Corona**, JCI '04, asking \$1500 obo. Call 252-2034/8421.

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(Exp. June 26) **1989 Toyota Master Ace**, JCI '05, asking \$1500 obo. Also selling **1991 Toyota Sprinter**, JCI '05, asking \$1000 obo. Call 090 1971 0581.

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(Exp. June 26) **1994 Toyota Corona**, JCI '04, asking \$500. Also selling **1991 Nissan March**, JCI '04, asking \$300. Call 252-4192 or 28 7303 until 9 p.m.

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(Exp. June 26) **1992 Toyota Van**, JCI '05, asking \$1900 obo. Call 252-2584 or 20 8064.

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(Exp. June 26) **1993 Toyota Marino**, JCI '04, asking \$1400. Call 090 1515 8791.

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## LOST AND FOUND

CFAS Security has several unclaimed lost & found items, including cell phones, keys, eyeglasses, backpacks, clothing items, jewelry, ATM cards, wristwatches, ID cards and personal items.

If you are missing any items of this type, please stop by the Security Office (next to the front gate) or call 252-2392 to claim your property.

\*\*\*\*\*

## MISCELLANEOUS

(Exp. June 12) Phone rights for sale available now for \$300 or \$225 after second week of June. Call 38 8743 or 090 3799 0754.

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(Exp. June 12) AFN satellite dish w/balcony bracket \$30. Call 252 8385.

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(Exp. June 12) Two real mink coats, Long black new \$1200, Blue-grey rare color \$1500, Coffee table \$50, Loveseat \$75, Recliner \$75, Speaker box w/ two 15" speakers \$200, Two 10" kenwood subwoofers \$50, Laptop computer \$200. Call Scott 080 3944 6046.

\*\*\*\*\*

(Exp. June 12) Sofa \$100, Loveseat \$200, Rocking chair \$100, Proform treadmill \$300, Dog crate (sml) \$25, 23" boys bike w/helmet, bell and pads \$50. Prices flexible. Call Lynn 252-8690 or 090 2096 1664.

\*\*\*\*\*

(Exp. June 19) Two Kerosene heaters \$20/ea or \$30 for both, Three Electric heaters \$20/ea or \$45 for all, Japanese style coffee table \$30. Call 090 1971 0581.

\*\*\*\*\*

(Exp. June 19) Housekeeping/Organizing help wanted for apartment at Huis Ten Bosch Hills. Call Kathleen at 58 7875 or 080 3228 5850.

\*\*\*\*\*

(Exp. June 19) Phone rights for sale \$200, available June 7, George Foreman's Rotisserie oven & cart \$100. Call Jeanna at 090 1368 6271.

\*\*\*\*\*

(Exp. June 19) Skyperfect Satellite dish w/ accessories \$75. Call Linda at 080 5050 9760 or email <hazardthomas@hotmail.com>

\*\*\*\*\*

(Exp. June 19) Phone rights for sale \$200. Call Chris at 252-2271 or 090 6290 1953.

\*\*\*\*\*

(Exp. June 19) Scholastic Discovery books wanted, Cartoon Network Scholastic books. Call 0928 71 8512.

\*\*\*\*\*

(Exp. June 26) Female Puppy, 2 - 3 months old. Found

in peak traffic, smart, gentle and healthy. Call 31 2863 or email <maori@post.cc.sasebo.ac>

\*\*\*\*\*

(Exp June 26) Four year old Cat needs good home, loveable, playful. Can't take her back to the states. Call 252-3150/8355 or 090 9590 1506.

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(Exp. June 26) Two male Cats, family oriented, friendly. Call Elisa at 252-8328 or 090 5080 7610.

\*\*\*\*\*

(Exp. June 26) Compaq Presario 2580us pentium IV, three months old, Windows XP, CD-RW, DVD player, asking \$900. Call Keith at 090 8394 5150.

\*\*\*\*\*

(Exp. June 26) JVC 27" television \$50, Entertainment Center \$200. Call 252-8626 or 090 7537 8926.

\*\*\*\*\*

(Exp. June 26) Baby convertible crib \$170 with mattress \$220, Fisher Price baby bouncer \$15, Little Tikes kids table \$20, Basket bassinet \$15 Stroller with carrier/car seat and base \$50. Call 252-8299.

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## HOME BUSINESS

### IMPORTANT INFORMATION!

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

\*\*\*\*\*

P.A.W.S. Pet Rescue Organization. If anyone desires a pet, please call Shirley at 252-7158 to inquire about puppies or dogs and Itura at 252-7322 to inquire about kittens or cats. If anyone needs to find a home for a pet, please only contact us if you still have your pet after you've advertised at least two weeks in the Soundings. Donations are always welcomed and may be left at Paws and Claws with Brandi or Sandra.

\*\*\*\*\*

New English instructor in Sasebo. Possesses Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now. Hario. 080-3223-9162 or 252-8555.

\*\*\*\*\*

Need a translator? Need someone who can talk to a Japanese person? Anything you can think of, I can translate! If you ever need to negotiate: bills, phone rights, cable TV hook-ups, Cho/Landlord issues, car buying, insurance, car registration. I speak fluent English and Japanese and can provide confidential services like: birth certificates, divorce paperwork, marriage paperwork, City Office visits, hospital/doctor visits. Call Victoria at 090-7445-1853.

\*\*\*\*\*

Pampered Chef Consultant. Hello. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime @ 080-5201-7164 or ext.7302. Thank You.

\*\*\*\*\*

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863.

\*\*\*\*\*

Experienced in teaching to children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090-4221-9211.

\*\*\*\*\*

Want to learn conversational English? I offer lessons in my home for individuals, groups, children or adults. Day or early evening lessons times available. Main base.Please call 252-7186 or 080-5050-6010.

\*\*\*\*\*

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080-5211-0174.

\*\*\*\*\*

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels (from elementary to high school). For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via e-mail ninasilverman@hotmail.com or call 080-5211-0174 to set up a lesson.

\*\*\*\*\*

Therapeutic Massage. Relax, regain a sense of ease in your body, release stress and injury related pain. Specializing in a range of techniques tailored to your needs from deep tissue to gentle, rebalancing cranio-sacral therapy, plus pre & postnatal massage. Certified with over 18 years of experience. Convenient main base home office. Call Beth 252-7300.

\*\*\*\*\*

Exeriened in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

\*\*\*\*\*

French Language tutor. Pierre 090 3734 3509 or <cramoisii@hotmail.com>

\*\*\*\*\*

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. FMI, we

are located in Bldg PW-47, first floor, across the hall from the Navy Legal Services Office (NLSO), or call us at 252-3890.

\*\*\*\*\*

Need a Massage? 1 hour \$45, 1 1/2 hours \$60. 2 hours, \$80. Swedish, Deep Tissue, Foot and Facial Massage. Can pick up from Main Base. Call Sandra, Certified Massage Therapist, 090-5024-7139 or 34-5321

\*\*\*\*\*

Pacific Pixels Photography Specializing in family, silhouette adn kimono studio/outdoor photography. Also, modeling package for Japanese modeling agency. Professional and personable; quality portraits that will give lasting memories. A time to have a relaxed time and enjoy a true professional photography experience. Photo session begins at \$35.00. Packages begin at \$45.00. Some packages include CD of photos and postcards. Call Shirley at 252-7158 or e-mail <shirley@pacificpixels.com>

\*\*\*\*\*

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who

### Just to note...

- 1) Classifieds run for three consecutive weeks. **Home Business Classifieds** run until further notice from either CFAS or advertiser.
- 2) Submission deadline for next *Sasebo Soundings Classifieds* is **Tuesday, 5 p.m.** at [soundings@cfas.navy.mil](mailto:soundings@cfas.navy.mil)
- 3) Advertisers are responsible for ensuring their ads are updated as necessary.
- 4) Home business ads are approved by CFAS through the SJA office and CSO. Ads will not be run without a copy of CSO's signed *Request to Engage in Private Employment*.
- 5) **ONLY SOFA-SPONSORED PERSONNEL MAY ADVERTISE IN SASEBO SOUNDINGS CLASSIFIEDS!**

*Sasebo Soundings Editor*

## J.N. DARBY ELEMENTARY SCHOOL

Open Positions for Darby Elementary School. All applicants must be a US Citizen and have SOFA status to be considered. J. N. Darby is now accepting applications for substitute teachers. To be fully qualified, applicants must have a high school diploma. 15 college credit hours preferable.

J.N. Darby has IMMEDIATE openings for Education Aides. Qualified candidates must have a high school diploma, be a U.S. citizen, and be SOFA sponsored. Educational Aid (Special Education) GS-1702-4: Typical duties and responsibilities: Assists teachers and administrative staff by distributing testing materials, developing audio-visual tactile aids, tutoring selected pupils, supervising independent study, making field trip arrangements, or working with pupils to develop student self-help skills. Minimum Qualification requirements: ABILITY TO PROVIDE SPECIALIZED SERVICES TO INDIVIDUALS WITH DISABILITIES. Candidates should describe experience; education and /or training that demonstrates their ability to provide support services to children with disabilities in an educational environment. Include all experience gained in any capacity with disabled individuals in an educational, social, or recreational environment which provided knowledge of the specialized requirement of disabled individuals.

\*\*\*\*\*

## COMMUNITY BANK

Community Bank is looking for an energetic team player for a 30 hour teller position. If you are a hard worker and interested in the financial services industry, please contact Jamie or Kimberly @ 252-3963, for more information. Prior cash handling and customer service preferred.

\*\*\*\*\*

## CENTRAL TEXAS COLLEGE

Central Texas College is currently looking for evenings instructors in the following areas: Business Management, Human Resource, English, Speech, Computer Science, Developmental Math and Physical Education. We are also looking for distant learning instructors in the following areas: Accounting, English and Government. For more information, please contact the local field advisor at 252-3730or email <sasebo-fa@ctc-japan.com>

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## J-PHONE

J-Phone, Sasebo Military Division is looking for part time applicants. If interested, please send your resume to: <jphone\_sase@poem.ocn.ne.jp> or contact J-Phone at 252-3563.

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## HARIO DECA

CPA is now accepting applications for deli/bakery workers. Approximately 20-25 hours per week, \$6.50/hr. Please call 252-8956.

\*\*\*\*\*

## STARS AND STRIPES

Stars and Stripes has a continuing need for newscarriers in the Main Base and Hario Housing areas. FMI, call 252-3890 or visit us in PW-47, first floor, across the hall from the NLSO.

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## AMERICABLE

Americable is accepting applications for a Customer Service Representative, part time approximately 25 - 30 hours a week. Must speak English and Japanese, be able to use Excel, MSWord and other common office programs. Previous customer service skills preferable. Apply in person at Building 96 Main Base across from Navy Legal. No phone calls, please.

\*\*\*\*\*

## MWR

**REGULAR FULL-TIME POSITION:**

*Child Development Center*  
**Education Aide**, GSE-02, \$8.42/hr; GSE-03, \$9.18/hr; GSE-04, \$10.31/hr

*Sailing Center*  
**Maintenance Worker**, \$10.29/hr. Open until filled.

*Theater*  
**Theater Manager**, NF-03, \$21,000 to \$55,000 per annum. Open until filled.

*Marketing*  
**Publicity Assistant**, NF-02, \$8.39/hr. Open until filled.  
**FLEXIBLE POSITIONS:**

*Youth/Teen Center (HV/MB). SSN Required*  
**Recreation Aide**, \$8.42/hr. (Teen/Pre-Teen Programs and School Age Care Programs)

**Recreation Aide**, \$6.50/hr. (Summer hire: Open for high school students only)

*Child Development Center (MB). SSN Required*  
**Education Aide**, GSE-02, \$8.42/hr; GSE-03, \$9.18/hr; GSE-04 \$10.31/hr

*Bowling Center*  
**Cashier/ Checker**, \$6/hr

**Cook**, NA-04, \$9.58/hr  
*Sailing & Outdoor Recreation Center*  
**Recreation Assistant** (Sailing), NF-02, \$8.39/hr  
**Recreation Assistant** (Paintball), NF-02, \$8.30/hr  
*Therapist (Showboat/Hario)*

*Facilities*

**Tools & Parts Attendant**, NA-05, \$8.66/hr  
*Fleet Fitness Center*

**Recreation Aide** (Gear Issue), NF-01, \$6.00/hr  
**Recreation Assistant** (Phys. Fitness), NF-02, \$8.39/hr

*Swimming Pool (HV/MB)*  
**Lifeguard**, NF-01, \$6.50/hr (Must have certification for Lifeguard & CPR)

**Lifeguard with Water Safety Instructor** (WSI) Certification, NF-01, \$7.00/hr

*Galaxies*  
**Bartender**, NA-05, \$8.66/hr

**Cashier**, NF-01, \$6/hr  
**Club Operations Assistant** (Duty Manager), NF-02, \$8.39/hr

**Cook**, NA-04, \$9.09/hr  
**Video & Sound Equipment Technician**, NA-07, \$10.29/hr

*Harbor View Club*  
**Club Operation Assistant** (Duty Manager), NF-02, \$8.39/hr

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## NEX

Automotive Mechanic, 60% commision (Labor Only), Auto Port, open until filled.

Navy Lodge Office Clerk, NF-6145-01, \$8.50/hr

Customer Service Clerk, NF-2091-01, \$6.20/hr  
*Open Continuos Flexible Vacancies (OC'03) Main Base & Hario*

**Barber**, NA-7603-07, \$9.78/hr  
**Beautician**, NA-7641-07, \$9.78/hr

**Sales Clerk**, NF-2091-01, \$6.00/hr  
**Desk Clerk**, NF-1176-01, \$6.00/hr

*New Flexible Vacancies (Main Base)*  
**Desk Clerk**, NF-1176-01, \$8.00/hr, Navy Lodge, Open until filled.

**Desk Clerk**, NF-1176-01, \$8.00/hr, Navy Lodge, Open until filled.

**Sales Clerk**, NF-2091-01, \$6.00/hr, Main Store, Open until filled.

**Sales Clerk**, NF-2091-01, \$6.00/hr, Fleet Store, Open until filled.

**Sales Clerk**, NF-2091-01, \$6.00/hr, Mini Mart, Open until filled.

**Customer Service Clerk**, NF-2091-01, \$6.20/hr, Fleet Store, Open until filled.

**Office Clerk**, NF-6145-01, \$8.50/hr, Navy Lodge, Open until filled.

*New Flexible Vacancies (Hario)*  
**Sales Clerk**, 19-03, \$6.00/hr, Hario Home Store/Gas Station, Open until filled.

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## HRO

**Store Worker** (WG-6914-04) DECA, Sasebo, Open Continuous Position

**Store Worker** (WG-6914-04) DECA, Hario, Open Continuous Position

**Sales Store Checker** (GS-2091-03), DeCA, Sasebo, Open Continuous Position

**Sales Store Checker** (GS-2091-03) DeCA, Hario, Open Continuous Position

**Education Aid/Technician** (GS-1702-02/03/04) MWR, Main Base Open: 1/20/04 Close: 12/17/04 Open Continuous Position

**Education Aid/Technician** (GS-1702-02/03/04) MWR, Hario Open: 1/20/04 Close: 12/17/04 Open Continuous Position

**Recreation Aid(Lifeguard)** (GS-189-02), MWR, Main Base. Close: Open until filled

**Recreation Aid(Lifeguard)** (GS-189-02), MWR, Hario Close: Open until filled

**Education Aid/Technician** (GS-1702-02/03/04), MWR, Main Base Open: 3/10/04 1st C/O: 3/24/04 Close: Open until filled. Temporary Position

**Education Aid/Technician** (GS-1702-02/03/04), MWR, Hario Open: 3/10/04 1st C/O: 3/24/04 Close: Open until filled. Temporary Position

**Housing Manager** (GS-1173-05), CNFJ Housing, Open until filled.

**Production Controller** (GS-1152-09), SRF, Open until filled.

**Purchasing Agent** (GS-1105-04/05/06), Open until filled.

**Child Development Center Director** (GS-1701-09), Open until filled.

**Social Services Representative** (GS-0187-07), FFSC, Open until filled.

## WANT YOUR ADD IN THE SOUNDINGS?

Deadline for submissions is Tuesday close of business. The best way to get your add in the paper is through e-mail. For more information, contact:

**Sasebo Soundings**  
**PSC 476 Box 93**  
**252-3409**

*soundings@cfas.navy.mil*



MWR Athletics  
252-3588

# SASEBO SPORTS

Sasebo Sports  
Report  
252-2290

## Athletic events dominate Memorial Day weekend

JO1(SW) Ron Inman  
CFAS Public Affairs

Sasebo’s athletes kept busy with a variety of sports events over Memorial Day weekend, including the Japanese-American Sports Day, Softball Tournament, MWR Golf Tournament and 3K and 10K Runs.

The fun-filled weekend stepped up to the plate with Japanese-American Sports Day, an event which brought together Sasebo’s American and Japanese military communities and their families for a day of fun, food and fellowship at the Japan Ground Self Defense Force’s (JGSDF) Camp Ainoura. There, teams from CFAS, the Japanese Maritime Self Defense Force (JMSDF) and JGSDF engaged in friendly competition in basketball, softball and soccer, then came together to enjoy American and Japanese foods and each other’s company.

Master Chief Hidetaka Ideta, with the Japanese Maritime Self Defense Force’s (JMSDF) Sasebo Repair and Support Facility (SRF), had good things to say about the event.

“We keep in touch (through events like Sports Day), and this is a good event for both countries,” said Ideta. “We need friendship more and more, and we are very blessed to have such a nice event.” With the primary emphasis on having fun, no scores were recorded during the

day of friendly competition. According to CFAS Command Master Chief (SS) Bill Lowmon, everyone who came out was a winner.

“The day’s events were great,” said Lowmon. “The weather held, which made it nice to play sports, and it was a great chance for our militaries and their families to interact socially in a relaxed atmosphere and continue to build good cultural relations between our two nations.”

Sasebo’s softballers mixed it up Saturday at Nimitz Park, with the Hit Men coming out on top, followed by Fire Dreams and the Patriot team. Mike Alfano of Hitmen was the MVP and Rafael Martinez of the Patriot team earned the Sportsmanship award.

In golfing action, Nagasaki Kukoh Golf Course was the place to be last Monday for the Memorial Day 2004 Golf Tournament. Jonathan Pacleb shot a 66 to clinch the win, Charles T. Howard shot a 68 and Ron Dodge was right on his heels with a 68.5.

Sasebo’s speediest turned out for two races Sunday, a 3K at Hario Village and a 10K at Nimitz Park.

At Hario, David Stinchfield won in 12:11 for the Men’s Division and Gary Hermosura came in second in 12:35. Joyce Hernandez came in first place in a time of 12:54 and Mimi Long took second in 13:11 for the Women’s Division. In the Teen Division, William Hiscox captured first place in 11:40 and Andrew Beetz took second in 12:51, and Youth Division winner Issac Stinchfield came in at 13:48 while Jacob Hiscox finished in 20:12.

Across town at Nimitz Park, Jonathan Kehoe took first place for the men, Teresa Weissman captured first for the women, Dwayne White took second and T. Yamashita came in third in the 10K.

Upcoming sports events include the Caliente Noche One Pitch Softball tournament on Fri., June 11 at 6 p.m. and a Flag Day 3K Run on Mon., June 14. Show your pride as you run around base sporting the Stars and Stripes. Awards will be presented to the top finishers in each division (Youth, Adult, Fleet, Master and Senior).



One gets thrown over the plate during the Japanese-American Sports Day. Sailors and their families enjoyed sports such as softball, soccer and basketball, along with food and fellowship at the event. (Official U.S. Navy photo by JO1 (SW) Ron Inman)

### Sasebo Sports Standings

Spring Softball (as of May 29):					
Rank	Team	Win	Loss	.PCT	Forfeits
1	Fire Dreams	10	2	0.833	0
2	Pumpers	9	2	0.818	0
3	Patriot	9	6	0.600	0
4	Hitmen	8	3	0.727	0
5	Bone Crushers	7	3	0.700	0
6	Dragons	6	2	0.750	0
7	Fire A-B	5	8	0.385	0
8	Fort McHenry	3	4	0.429	0
9	Essex	1	1	0.500	0
10	Snipes	1	1	0.500	0
11	Shooters	1	1	0.500	0
12	Kamikaze Squirrels	1	1	0.500	0
13	A-Stars	1	8	0.111	0
14	NMCB-5	0	10	0.000	2
15	Guardian	0	7	0.000	0
16	Iron Gators	0	2	0.000	0
17	The Squad	0	1	0.000	0

Spring Basketball (as of June 1):					
Rank	Team	Win	Loss	.PCT	Forfeits
1	Young Gunz	11	4	0.733	0
2	Hitmen	7	6	0.538	0
3	Patriots	7	10	0.412	0
4	Juneau	5	10	1.000	0
5	Harpers Ferry	4	0	1.000	0
6	Raiders	4	2	0.667	0
7	Guardian	1	16	0.059	0
8	Small Boys	0	1	0.000	0
9	Terror Squad	0	0	0.000	0

### Swim Lessons

MWR Hario and Main Base swimming pools begin summer swim lessons Mon., June 14. Registration will be held June 7 - 11 at the Hario or Fleet Gym offices. Call 252-3588 for more information.

In accordance with the American Red Cross, classes are offered from Level I (Water Exploration) to Level VI (Skill Proficiency). Classes are scheduled Monday, Wednesday and Friday from 8:30 - 9:15 a.m. and 9:30 - 10:15 a.m. for two-week sessions.

To ensure maximum water time, class sizes are limited. In addition to water instruction, students are instructed in water safety and basic emergency/first aid skills.

Registration for this summer’s sessions is as follows:

- Session I - June 14-25 (registration June 7 - 11)
- Session II - July 5-16 (registration June 28 - July 2)
- Session III - July 26 - August 6 (registration July 19 - 23)
- Session IV - August 16-27 (registration August 9-13)

### Fitness Tip

Alec Culpepper  
MWR Fitness and Aquatics Director

Warming up prior to working out is essential! A gradual 5-10 minute warm-up produces faster, more powerful muscle contractions, delivers oxygen to working muscles more quickly, and prevents injuries by improving the elasticity of your muscles. It also improves joint range or motion and psychologically prepares you for higher intensities by increasing alertness and focus on exercise. In order to fully reap the benefits of the time you spend exercising, you must warm up. Taking those few extra minutes to adjust to increased activity will ensure better performance from your body and make you workout more efficiently and productively.